

Arts & Crafts

Arts & Crafts With Stacy

Learn simple wood-painting techniques, different ways to use clay pots, and much more. **Minimal materials fee payable to instructor. Join anytime.**

Instructor: Stacy Miller

Ages 50+

LMAC

9-11a W 1/9-5/15

Free!



Quilting

Beginners to experts welcome! Projects include hand and machine piecing, quilting, and wearables. Participate in block/fabric exchanges and group projects. A large quilting frame is available for "quilting bee" activities. Bring a sewing machine if you would like to sew during class time. **Join anytime.**

Instructor: Jill Ellert

Ages 50+

LMAC

6-9:30p M 1/7-5/13

Free!

La Mirada Piecemakers

Quilting Group

Quilt with others who share your love of this art. Share projects, help others with theirs and work on community projects. Bring a sewing machine if you would like to sew during class time.

Ages 50+

LMAC

12-4p Th On-going

Free!

Music & Dance



Private Piano

Lessons

5 Weeks

Piano students of varying levels can have the opportunity to advance in their individual level of skills and musical understanding. This one-on-one lesson setting provides optimal personal attention and personal development. Students must have a keyboard to practice, and must call in advance for placing assessment.

Instructor: Grace Ho

Ages 6+

LMAC

#3100.200	4-4:30p	Th	4/11-5/9	\$78
#3100.201	4-30:5p	Th	4/11- 5/9	\$78
#3100.202	5-5:30p	Th	4/11-5/9	\$78
#3100.203	5-30:6p	Th	4/11-5/9	\$78
#3100.204	6-6:30p	Th	4/11-5/9	\$78
#3100.205	6-30:7p	Th	4/11-5/9	\$78
#3100.206	7-7:30p	Th	4/11-5/9	\$78
#3100.207	7-30:8p	Th	4/11-5/9	\$78
#3100.208	4-4:30p	Th	5/16-6/13	\$78
#3100.209	4-30:5p	Th	5/16-6/13	\$78
#3100.210	5-5:30p	Th	5/16-6/13	\$78
#3100.211	5-30:6p	Th	5/16-6/13	\$78
#3100.212	6-6:30p	Th	5/16-6/13	\$78
#3100.213	6-30:7p	Th	5/16-6/13	\$78
#3100.214	7-7:30p	Th	5/16-6/13	\$78
#3100.215	7-30:8p	Th	5/16-6/13	\$78

Vocal Arts Workshop

For those who love to sing and share songs from their heart. Sing solo or with a group in practice and before appreciative audiences. Join anytime.

Instructor: Paul Kubiak

Ages 50+

LMAC

12:30-3:30p Tu 1/8-5/14

Free!

Line Dance Club

Have fun dancing old & new favorites. Extra help for beginners. No partner needed.

Ages 50+

LMRC

9:30-11a T On-going

Free!



Half Century Club

Mary Hollis (562) 902-6446

La Mirada Scribes Creative Writing Club

Gertrude Ulrich (562) 777-1560

La Mirada Gadabouts

Dolores Miller (562) 921-3880

La Mirada Line Dance Club

Ed Christmas (562) 902-3160

La Mirada Tones

Santos Martin (562) 863-6886

Monday Bridge Club

Ruth Reeves (562) 943-3485

Big Band Dances

**1st Thurs. of every month,
10-11:30 a.m.**

La Mirada Activity Center

Swing your way down to the Activity Center's "Cafe on the Green" for a special morning of refreshments and dancing to the popular big band tunes of "The Country Gentlemen!" Lunch is served immediately following the dancing; for lunch reservations call (562) 947-8787 at least one day ahead between 8-10 a.m.

Upcoming Dates:

April 4, May 2, June 6

Special Interest

NEW Travelin' Game Show

The "Travelin' Game Show" is a little bit of Price is Right, Wheel of Fortune, Name That Tune, Card Sharks and more, all wrapped up into a one-hour program where the audience acts as contestants. Loads of fun and prizes, too! **Tickets must be purchased in advance at the La Mirada Activity Center.**

Ages 50+ **LMAC**
12:45-1:45p W 5/22 \$2

NEW Home Maintenance

Come share your experiences and suggestions with others! Whether you are a homeowner or a renter, this class will help with those fix-it problems that will always be a part of our lives. Who to call, what to do, and how to do it are some of the questions the class will address. Under the direction of a retired La Mirada contractor, you'll learn about ways to save money, avoid scams, and gain resources to handle problems.

Instructor: Doug Francis

Ages 50+ **LMAC**
12:30-2:30p Tu 4/9-5/14 Free!

Senior Health Issues In Plain Language 6 Weeks

This class is designed to empower the segment of the population which visits doctors the most - seniors. The most common conditions and ailments affecting those over 50 are highlighted and the basic language of healthcare is reviewed.

Instructor: Pat Roberto

Ages 50+ **LMAC**
12:30-2:30p W 4/24-5/29 Free!



Everything You Ever Wanted To Know About Tofu

But Were Afraid To Ask 1 Day Lecture

Come get properly introduced to the most versatile food on the planet, tofu. Learn of the extraordinary health benefits of eating tofu and how quick and easy it is to prepare a variety of delicious, pure vegetarian dishes with tofu.

Some of the many questions we'll cover

- What exactly is tofu?
- What does it taste like?
- Which types and brands are better, and how do they differ?
- How do you use tofu, store it, and benefit from it?
- How does it change when you freeze it?
- Do you need to press out the water before using it?
- What role can tofu play in preventing disease and promoting optimal health?

Whether you have been using tofu for years, or have never opened a package, come share in a delightfully fun and fact-filled evening of tofu talk.

Lecturer: David Gabbe

Author & Cooking Teacher

Ages 13+ **LMAC**
#6250.202 8-9:30p W 5/29 Free!

Yesterday's Kitchen

Come watch a new recipe be created and get to sample it while having a good time! Peggy brings her own recipes which cover everything from desserts to main dishes, as well as holiday fare. As the onions are simmering or the noodles are boiling, she shares reminiscent tales and experiences. **\$7 materials fee payable at first class meeting. Join anytime.**

Instructor: Peggy Wyckhouse

Ages 50+ **LMAC**
2-4p T 1/8-5/14 Free!



Every Thursday, 12:30 p.m.
La Mirada Activity Center

Enjoy today's most popular movies. A different film is shown each Thursday afternoon. Free popcorn and punch is served. The curtain goes up at 12:30 p.m. For movie listings, call (562) 902-3160.

Billiards

Billiard tables are available for play on a drop-in basis. Informal tournaments will be held periodically. Days and times are as follows:

Ages 50+ **LMAC**
8a-5p M-F On-going Free!

Intergenerational(13+) **LMAC**
9a-3p Sat On-going Free!

Check Mate!

Have fun while playing chess with fellow enthusiasts! Practice your skills and techniques during this time set aside for chess play.

Intergenerational (10+) **LMAC**
9a-3p Sat On-going Free!

Chess Instruction

An experienced chess player will instruct players on the basics of chess. Don't miss this opportunity to learn or brush up on your skills!

Instructor: Graeme Rosenau, D. Min.
Ages 10+ **LMAC**

3-5p F On-going Free!

Half Century Bingo

Join the Half Century Club for Bingo! Popcorn and refreshments provided. Club membership not required to play.

Ages 50+ **LMAC**
1-4p M&F On-going 50¢/card



All Classes held at the
La Mirada Activity Center
9 am - 1 pm

March 21 & 22

April 18 & 19

May 16 & 17

June 20 & 21

This 2-day class provides
a DMV certificate that
may be used to reduce
auto insurance rates.

Class fee is \$10.

To enroll, call
(562) 902-3160.

Let us find you workers!

If you are looking for someone to help you with work around the house, or in your place of employment, the La Mirada Employment Services Program may be able to assist you. Participants in our program are youth ages 14 to 17.

Adults ages 18 and older are not processed through this program; however, we can

American Heroes: Their Life, Work & Influence

Ever wonder what makes heroes heroic? Study heroes from all walks of life- the well-known & the obscure, the rich and the poor, and males & females. Learn theories of heroism and discover who our heroes are in myth, legend, and fiction.

Instructor: Dr. Elijah Levy

Ages 50+

LMAC

9-11a F 1/11-5/10 **Free!**

Real Estate Consultation

2nd & 4th Wed. of every month, 3-5 p.m.

La Mirada Activity Center

Free private real estate consultation regarding issues such as selling and buying process, required disclosure forms, inspections, etc., with a licensed Senior Specialist. For an appointment call (562) 902-3160.

Seniornet Computer Classes

Learn to use computers and to access the internet through this hands-on class sponsored by Presbyterian Intercommunity Hospital and taught by trained senior volunteer instructors. Fees range from \$7.50 for a 4-class introduction course to \$15 for an 8-class course. In addition, SeniorNet requires an annual membership fee of \$30.

Ages 50+

LMAC

For class schedule or volunteer information, call (562) 902-3177.

Memoir Writing For Older Adults

What legacy will you leave for future generations? If you've ever wanted to write down memories of significant events that have shaped your life, this class will help you get started. Come prepared to write, remember, and share your stories. **Join anytime.**

Instructor: Bonnie Mansell

Ages 50+

LMAC

9-11a Th 1/10-5/16 **Free!**

"Once Upon A Time..."

Sharing Stories With Tots

If you love storytelling, here's a chance to share stories with children. The City of La Mirada is looking for volunteers to read short stories to children ages 3-5 in the City's Tiny Tots program. Storytellers will spend approximately 15 minutes once a week for a 5-6 week period with the children. **For more information, call (562) 902-3160.**

Short Story Reading

Enjoy reading selections of the world's greatest literature and sharing your thoughts and feelings with your peers. Following each reading selection, the class will discuss the plot, characters, setting, and culture. Authors discussed will include Kafka, Hemingway, Dostoevsky, and Faulkner. **Join anytime.**

Instructor: Elijah Levy

Ages 50+

LMAC

12:30-2:30p F 1/11-5/10 **Free!**

include your job listing for this age group to contact you.

Workers have indicated experience or interest in areas ranging from gardening, housework, childcare,

handyman work, home healthcare, food service, office/clerk and more. **To take advantage of these services, call us at (562) 902-3155 to place a free job listing.**

Educational Lectures

All lectures are held at the La Mirada Activity Center. To sign-up, call (562) 902-3160.

Wellness Lectures Thursdays, 10:00 a.m.

Date	Topic	Presenter
3/28	Facts & Fantasy Of Alzheimer's Disease	Biola Nursing Department
4/4	Home Safety Tips for Seniors	Mirada Hills Convalescent Hospital
4/11	Medicare + Choice HMO's	Center For Health Care Rights
4/18	Facts & Fantasy Of Long Term Care	Masumoto & Associates
4/25	Living A Happy Life With Arthritis	Biola Nursing Department
5/2	Money Saving Programs For Medicare Beneficiaries	Center For Health Care Rights
5/16	Nutrition Tips For The Diabetics	Mirada Hills Convalescent Hospital
5/23	Facts & Fantasy Of Long Term Care	Masumoto & Associates
5/30	Tips To Maintain & Improve Your Memory	Alzheimer's Association
6/6	Nutrition Tips For Diabetics	Mirada Hills Convalescent Hospital
6/13	Stretching Your Medicare Dollars	Center For Health Care Rights
6/20	Age-Proof Your Brain	Alzheimer's Association
6/27	Facts & Fantasy Of Long Term Care	Masumoto & Associates

Special Interest Lectures Thursdays, 3:30 p.m.

Date	Topic	Presenter
3/28	Maximizing Your Retirement Income	UBS/Paine Webber
4/4	ABC's Of Annuities	Edward Jones Investments
4/11	Tips To Cut Your Energy Bills	Veterans In Community Service
4/18	Estate Planning & Living Trusts	Atty. Scott Bourdelais
4/25	Medical Planning To Save Your Estate	Senior Benefits Group Of CA
5/2	Building With Bonds	Edward Jones Investments
5/9	How To Weather-Proof Your Home	Veterans In Community Service
5/16	Estate Planning & Living Trusts	Atty. Scott Bourdelais
5/23	Minimizing Your Social Security Taxes	Senior Benefits Group Of CA
5/30	Reverse Mortgages: Find Money To Meet Your Needs	Financial Freedom
6/6	Investing With Mutual Funds	Edward Jones Investments
6/13	Maximizing Your Retirement Income	UBS/Paine Webber
6/20	Estate Planning & Living Trusts	Atty. Scott Bourdelais
6/27	How To Save Money By Saving Energy	Veterans In Community Service

Income Tax Assistance

Free federal and state income tax assistance is offered by trained AARP volunteers through April 10th. Assistance is on a first come, first serve basis. Taxpayers should bring the tax instruction booklets received in the mail, records of income and deductions including forms W-2, W-2P, and 1099's, statements showing interest and dividends, a copy of last year's tax return, and any other pertinent records.

Senior Income Tax Assistance

9a - 1p Tu & W 2/5 - 4/10 LMAC

Low Income Tax Assistance

4 - 7p Tu 2/5 - 4/9 LMAC

With Good Spirit

A NEWSLETTER FOR LA MIRADA OLDER ADULTS

The City of La Mirada produces a quarterly newsletter for senior residents covering upcoming community programs and events. If you are not already receiving this publication, call (562) 902-3160.

Health Programs

"Ask The Nurse"

Every Wednesday, 8-11 a.m.

La Mirada Activity Center

Free blood pressure testing is available, as well as information regarding diet, exercise and health issues. Services are provided by a retired nurse.

Free Hearing Aid Repair

2nd Fri. of every month, 10:30-11:30 a.m.

La Mirada Activity Center

Free hearing aid repair is provided by Advantage Hearing Aid Professionals. Free services include cleaning, battery door replacement, tubing changes, and other minor repairs.

HICAP: Health Insurance Counseling

Drop-In Hours:

1st Tue. of every month, 10-11:30 a.m.

La Mirada Activity Center

Offers information & assistance with Medicare benefits, health maintenance organizations (HMO's) and supplemental insurance. **Appointments are also available throughout the week by calling (562) 902-3160.**



Senior Nutrition

Monday - Friday
9 a.m. - 12:30 p.m.

La Mirada Activity Center

Nutritionally balanced hot lunches are served for older adults 60+. Lunch is served Mon.-Fri. at 11:30 a.m. Come early to socialize and play cards, Scrabble, etc. Home-delivered meals are available 7 days a week for home-bound seniors. Suggested donations are \$1.75 for meals at LMAC, and \$2.00 for home delivered meals. Intergenerational programs are scheduled for special holidays, allowing seniors to meet children from local schools.

For more information, call (562) 947-8787.



Care Force One

2nd Mon. of every month, 9-11 a.m.

La Mirada Activity Center

Presbyterian Intercommunity Hospital's Care Force One, a mobile health clinic, provides various screenings on a rotating basis. Upcoming screenings include:

4/8 General Health Exam

5/13 Breast Exam & Education

6/10 Prostate Cancer Screening

Services are offered to those 50+ on a first come, first serve basis.

Care Management

Care management is available to frail elderly and functionally impaired adults to enable them to remain at home safely. Services include:

- In-home assessments of needs
- Development of care plans
- Arrangement & coordination of services
- Monitoring & follow-up

Services are provided free of charge. **For information, call (562) 902-3160.**

Here's to your health.

Sports & Fitness



Have some fun playing basketball with other seniors at the Community Gym. Men and women of all skill levels are encouraged to participate. A discounted Senior Citizens Annual Gym Membership (\$10) or Day Pass must be purchased. Hours are subject to change due to league and camp schedules.

For more information contact the gym at (562) 902-2938.

Ages 50+	Gym
10a-12p	M-Sat On-going

Older Adult EXERCISE

Chair Exercise With Sharon

This nicely paced exercise routine includes stretching and light aerobic exercise focusing on the upper body. Wheelchairs welcome. **Join anytime.**

Instructor: Sharon Savoy,
Cerritos College
Ages 50+ Gym-MPR

10-11a	M	1/7-5/13	Free!
10:30-11:30a	F	1/11-5/17	Free!

Chair Exercise With Lea

This nicely paced chair-based exercise routine includes stretching and light aerobic exercise which focuses on the upper body. Wheelchairs welcome. **Join anytime.**

Instructor: Lea Pile,
Cerritos College
Ages 50+ Gym-MPR

10-11a	W	1/9-5/15	Free!
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Exercise With Judy

This nicely paced exercise routine includes stretching, floor exercise on mats, and aerobic exercise including a walk in the park. Following at 11:45 am on Tuesdays and Thursdays, a stretching class is offered for those more comfortable sitting. Wheelchairs welcome. **Join anytime. Students must bring their own mats for floor exercise.**

Instructor: Judy DiDio, NLMUSD
Ages 50+ Gym-MPR

General Exercise

10:15-11:45a	T/Th	2/5-6/18	Free!
8-9:30a	W	2/6-6/19	Free!

Chair Exercise

11:45a-12:45p	T/Th	2/5-6/18	Free!
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For information
on the upcoming
**Shoot The
Rock
Basketball
Tournament,**
see page 29.

**Register for classes
on page 48.**

T'ai Chi Chih 6 Weeks

Joy through movement! Live a better balanced life through T'ai Chi Chih, a gentle series of controlled movements that enhance the body and mind and improve balance, reducing the likelihood of falls. Wheelchairs welcome. **For more information, call the instructor at (714) 633-0827.**

Instructor: Al Talberg
Ages 18+ Gym-MPR

#7106.210	2:30-3:15p	T	4/9-5/14	\$37
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